



VIP S.T.A².R.S

- Socializing • Technology •
- Active Adults (55+) • Resources • Support



We here at SDDC would like to invite you to join any of our VIP S.T.A².R.S Programming!

VIP S.T.A².R.S was created to facilitate a healthy leisure lifestyle through socialization, recreation and community integration to its perspective participants. The following are some of the current offerings of the VIP S.T.A².R.S Program:

Circuit Exercise & Nutrition	Computers & Technology	Support Group for Parents/Guardians of Aging Adults with Disabilities
<p>Mondays & Wednesdays</p> <p>8 A.M – 9 A.M</p>	<p>Mondays & Wednesdays</p> <p>1:30 P.M – 3 P.M</p>	<p>Once a Month /</p> <p>Each session 1.5 hours</p>
<p>Full body exercises with discussions of Nutrition with our trainer and coach, Herbert</p> 	<p>Computer Basics course, practicing general knowledge of computers, internet, and how to download and manage applications.</p> 	<p>Our group provides dialogue along with peer support. We discuss issues, challenges and concerns that parents/guardians may face, as well as share and receive resources.</p> 

If you would like to register, or would like additional information, please contact Jocelyn Lata at (305) 960-4962 or JLata@miamigov.com, or Gemma Tena at (305)960-4971 or GTena@miamigov.com